



## H-PLUS Function Exercise: ZONING

### Function Command:

**PLUS-INSULATE, INSULATE;  
PLUS-CANCEL**

### Purpose:

This is your H-PLUS Function exercise to learn to create a zone of comfort around your physical body.

### Application:

To set up an operating static temperature field around the entire physical body that resists changes beyond the normal comfort area. Use to adjust and compensate for environments as needed.

### Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

## **Effectiveness Pattern:**

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

## **Suggestions For Use:**

- Combine **ZONING** with other H-PLUS Functions appropriate to the particular situation.  
**Examples** – If the heater/air conditioner fails in your car, use the **RELAX** Function with **ZONING** for comfort until you reach your destination. While mowing the lawn in hot, humid weather, using **STRONG-QUICK** with **ZONING** can speed the task and increase your comfort. If you forgot to turn on your electric blanket before going to bed on a frigid night, do **PLUS-INSULATE, INSULATE** until things warm up.

## **Please Note:**

- You may notice that cold hands, feet, etc., become more comfortable without adding extra protection.
- You may observe that the ambient temperature is too hot or cold for comfort, but you are not shivering or sweating.
- This Function exercise is for use as needed; *be sure* to use the **RELEASE** Function when the need has passed.

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